

THE JORDAN HARBINGER SHOW

Worksheet for James Fallon | How to Spot a Psychopath (Episode 28)

Psychopaths get a bad rap — and, in fairness, it's often for good reason. The ones who tend to catch the public eye are known for murdering or, at the very least, manipulating the unwary without remorse. But what about the psychopaths who quietly live among us without raising suspicion?

Joining us for [episode 28](#) is Dr. James Fallon — neuroscientist, professor of psychiatry and human behavior at the University of California in Irvine, and author of [*The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain*](#) — to share what he's learned about psychopaths over his long career. Incidentally, Dr. Fallon is, himself, a psychopath.

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Psychopaths Among Us

As we learned from Dr. Fallon, just because someone exhibits the physical brain topography of a psychopath doesn't mean he or she will go on to become a serial killer.

Without an episode of serious early trauma, such a person may very well function as a valuable member of society. Dr. Fallon himself grew up happy and healthy in a supportive family and didn't even find out about his abnormal brain structure until much later in life.

Knowing that psychopathic tendencies may lay dormant as far as age 25, what is something kind you can do for someone without any thought of recompense, remembering that your actions are socializing others to navigate society in a healthy way?

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Caught in the Web

With a brain that craves stimulus beyond what most of us require, Dr. Fallon is a self-confessed thrill seeker -- which has led to situations in which he's knowingly endangered the lives of himself and others. This risk-taking behavior is a common trait for those similarly born with a genetic lack of empathy.

Thinking on this, can you identify situations in your past where others have kept information from you in order to coerce you into doing things you might not have otherwise?

Now take it a step further: can you see other traits that might indicate psychopathic/sociopathic markers? Make a list of these individuals, and in a non-judgmental way, heighten your awareness to protect yourself from manipulation by potential psychopaths in the future.

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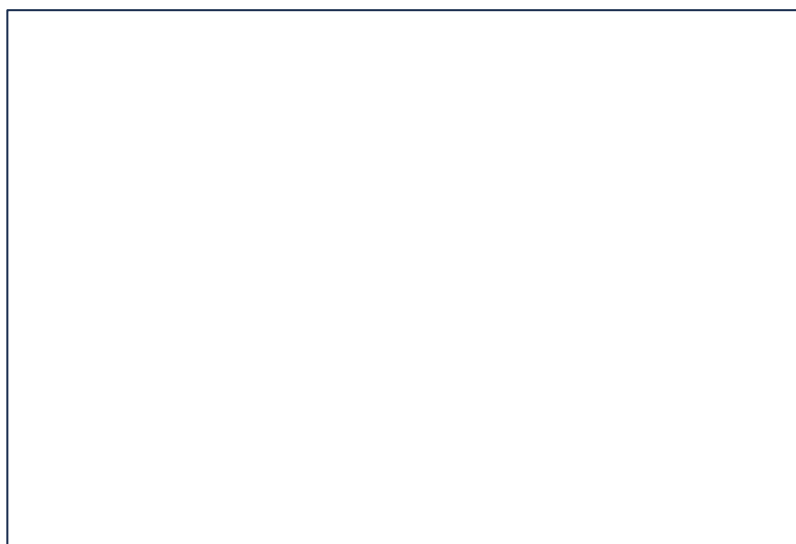
Back Away Slowly...

Much like we might treat a predator, we do not want to confront — nor do we want to turn our back and run from — someone who expresses psychopathic traits.

When encountering such behavior in the workplace we should take care not to aggravate, but not to show weakness either. This is a game we cannot win in most instances, so it is best to distance ourselves in as unobtrusive a manner as possible.

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From the previous activity, are any of the individuals on the list coworkers? How can you make space to avoid being manipulated or put at risk within the workplace while avoiding direct confrontation?



Full show notes and resources for this episode [can be found here](#).

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About



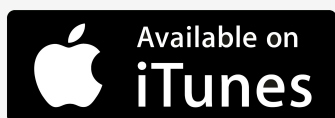
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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